

# WHY VITAMIN B12?

ESPECIALLY IF YOU CONSUME A VEGAN OR VEGETARIAN DIET.

*Small Nutrient.  
Big Impact.*



## THE WHY

Because it is a nutrient you cannot get directly from common vegetables found at the supermarket.

### FOUND IN:

- Sea vegetables
- Fermented foods
- Blue and green algae
- Fortified foods and drinks
- Miso soup
- Tempeh



*Nourishing Choices for a Healthier You*

## WHAT DOES IT DO?



Needed for the metabolism of nerve tissue and overall nervous system health.



Aids in the development of red blood cells that help carry oxygen and energy to the cell.



Stimulates growth in children and increases appetite.

*Supports Energy.  
Brain Health.  
A Brighter You.*

## NOT GETTING ENOUGH?

### SYMPTOMS MAY INCLUDE:



Weakness and fatigue



Pale or jaundice skin



Mouth ulcers



Mood changes



Sensation of pins or needles



Breathlessness



Dizziness



Blurred vision

*Knowledge today for a healthier tomorrow.*